



RECIPE FOR FITNESS: JUST ADD WATER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness Schedule Fall 2024 | September 1st - November 30th

TOM MURRAY FAMILY AQUATICS CENTER

| Times | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|---|---|---|---|---|--|
| 5:35AM | | | | | | |
| 7:00AM | | | | | | |
| 8:00AM | PowerUp Karin S. Warm Water Pool 8:00AM-9:00AM | Cardio Intervals Karin S. Lap/Warm Water Pool 8:00AM-9:00AM | H2O Weights & Resistance Karin S. Warm Water Pool 8:00AM-9:00AM | Aqua Boot Camp Michelle J. Lap Pool & Warm Pool 8:00AM-9:00AM | Total Aqua Body Karin S. Lap/Warm Water Pool 8:00AM-9:00AM | |
| 9:00AM | Aqua HIIT Karin S. Lap/Warm Water Pool 9:00AM-10:00AM | Aqua Power Karin S. Warm Water Pool 9:00AM-10:00AM | Aquabata Karin S. Lap/Warm Water Pool 9:00AM-10:00AM | Aqua Barre Michelle J. Warm Water Pool 9:00AM-10:00AM | Cardio Burn & Tone Karin S. Warm Water Pool 9:00AM-10:00AM | Danielle Warm Water Pool 9:00AM-9:55AM |
| 10:00AM | Aqua 123 Karin S. Warm Water Pool 10:00AM-11:00AM | Arthritis Aquatic Basics Karin S. Warm Water Pool 10:00AM-11:00AM | Aqua Burst Karin S. Warm Water Pool 10:00AM-11:00AM | Warm Water Weights Kathy H. Warm Water Pool 10:00AM-11:00AM | Arthritis Aquatic Basics Karin S. Warm Water Pool 10:00AM-11:00AM | Danielle Warm Water Pool 10:00AM-11:00AM |
| 11:00AM | Small Group* Karin S. Warm Water Pool 11:30AM-12:30PM | Silver Sneakers Splash Judy E. Warm Water Pool 11:00AM-11:45AM | Small Group* Karin S. Warm Water Pool 11:30AM-12:30PM | | | |
| Check Times | | | | | | |
| Check Times | Danielle Warm Water Pool 6:45PM - 7:45PM | | LeeAnn/Michelle Warm Water Pool 6:45PM-7:45PM | | | |
| | | | | | | |
| | | | SUNDAY | | Danielle Warm Water Pool 10:00AM-11:00AM | |

HEALTHY LIVING DIRECTOR:
WATER FITNESS INSTRUCTORS:

Kathy Hensler | khensler@bcfymca.org
Danielle Duchame-Ward, Lee Ann Duda-Cimperman, Sarah Schneider, Karin Summers

- * Denotes a fee-based program.
- Ages 14 and up are welcome!
- Schedule is subject to change.
- Water Fitness classes can be strenuous. Consult with your physician before participating.
- Please bring water and avoid eating up to 30 minutes before taking a class.
- Participation indicates you have no physical condition or health problems.
- Reservations required. Reservations open up to 72 hours in advance and close 1 hour prior to class start.

ROSE E. SCHNEIDER FAMILY YMCA 2001 Ehrman Rd. Cranberry Twp., PA 16066 • 724.452.9122 • www.bcfymca.org

updated 8/30/24